

The Lemon Grove REVIEW

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Serving Lemon Grove and nearby communities

Tuesday, January 30, 1996 25¢

Life After the Big One

by Steven Saint

An earthquake registering 7.5 on the Richter Scale along the Elsinore fault would rupture San Diego County Water Authority pipelines in five places. It would take welders and work crews at least two months to make the 120 repairs needed to resume water flow south of the fault.

Temecula, just north of the fault zone, would be devastated. San Diegans, who import about 90 percent of their water from Northern California and the Colorado River, would have to turn to water stored in local lakes and reservoirs.

A similar earthquake on either the San Andreas or San Jacinto fault could rupture both the California Aqueduct from Northern California and the Colorado River Aqueduct. Water supplies would be decimated for about six months, with all of Southern California fighting over emergency supplies in Lake Matthews, Elsinore, Skinner and the Domenigoni Valley Reservoir, still under construction.

San Diego is particularly vulnerable, because urban life as we know it could not be sustained for 2.6 million people without importing water from out of the region, brought to local water agencies by the County Water Authority (CWA) from the Southern California wholesaler, the Metropolitan Water District (MWD).

East County has very little emergency water, depending on the Helix Water District's Cuyamaca Lake and Lake Jennings and the Sweetwater Authority's Loveland and Sweetwater reservoirs. Lake Murray and the El Capitan and San Vicente reservoirs are owned and operated by the city of San Diego for its residents.

The CWA, ruled by representatives of 24 cities, water boards and other governmental entities, began looking into disaster scenarios in 1989. That was the year a 7.1 earthquake rocked San Francisco, killing 67 people, injuring 3,000 others and causing billions of dollars in damage.

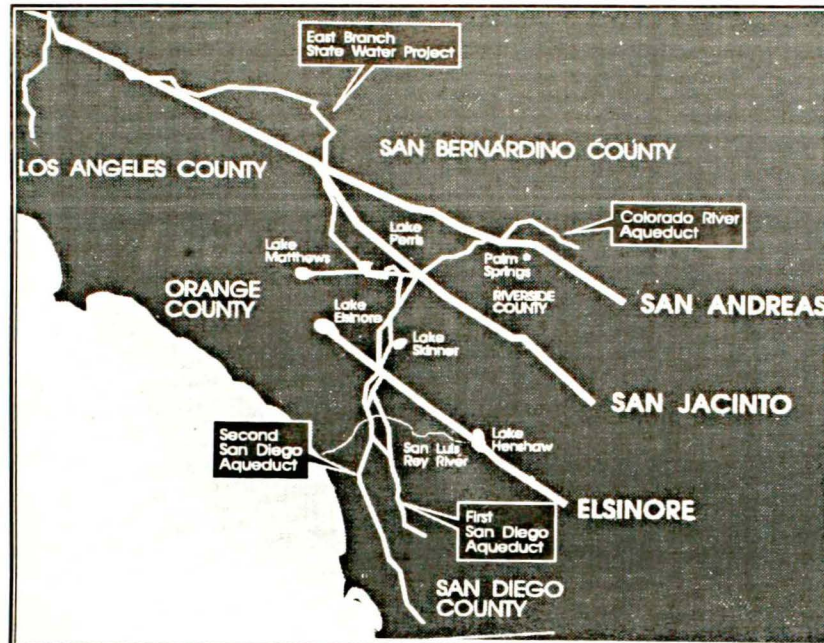
Seismic experts predict three major earthquakes along the San Andreas and San Jacinto faults in the next 100 years. They give 40-percent odds on a big one along the Elsinore fault.

The CWA started calculating. A big earthquake in the year 2015 that cuts San Diego off from outside water for six months would result in \$25 billion in economic damages and put unemployment at 23 percent.

They started looking for somewhere to store 90,100 "acre feet" of water — almost 30 billion gallons — for that unhappy day.

Last November, the CWA issued an environmental impact report (EIR) as thick as a Gutenberg Bible on the four best alternatives to handle the new water storage. The document cost more than \$6 million to produce and was issued for public scrutiny more than a year later than planned.

The public review period will close Feb. 14 after four hearings, the second of which to be held at 7 p.m. tomorrow at West Hills High School in Santee.



Alternative #1 and #2 are similar, involving the expansion of San Vicente, either raising the dam 83 feet to hold 90,100 acre-feet more water, or raising it 65 feet and redesignating (or, "reoperating") more of the reservoir's water for emergencies.

In either case, a 12-mile pipeline would be built to connect San Vicente with the CWA's so-called Second Aqueduct, which runs along I-15. The price tag for these alternatives is \$387 million.

Alternative #3 would raise the San Vicente Dam 54 feet, build a 320-foot Olivenhain Dam southwest of Escondido and link San Vicente, Olivenhain and Lake Hodges to the CWA pipeline system. This would cost \$523 million.

Alternative #4 would build a new dam in Moosa Canyon near Valley Center, then connect it and Hodges to the Second Aqueduct. The proposal would cost \$550 million.

The draft EIR evaluates each of these alternatives in terms of 15 environmental issues, from visual impacts and noise to habitat and archeology. The impacts of not building the project in the first place are also analyzed.

The Moosa/Hodges alternative seems the most disruptive, displacing 66 homes, major wildlife corridors and twice as many wetlands and oak trees as the other plans.

The three San Vicente alternatives only displace one home and destroy only 20 acres of agricultural land. Building the Olivenhain Dam would have more visual impact than the stand-alone San Vicente options. The Olivenhain/Hodges/San Vicente option costs the most, but would create the most gradual increase in water rates.

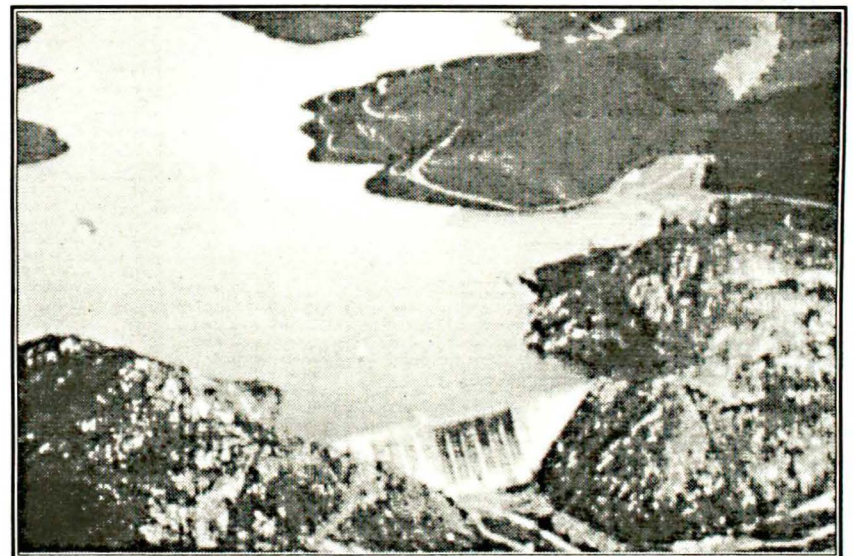
All options damage Native American sites, traffic would be tied up during construction and recreation facilities closed.

Although the EIR has been out two months, few comments have been submitted to the CWA. The Lakeside Planning Group has raised no objections to expanding San Vicente and few of the water boards or county supervisors have responded.

The Otay Water District, however, sent a letter to the CWA last week, seeking clarification on the financing and urging an

The County Water Authority will hold a hearing tomorrow on four emergency water storage plans. Three of the four involve Lakeside's San Vicente Reservoir (below), to the tune of about \$600 million.

Graphics courtesy of the County Water Authority and Helix Water District



alternative that best serves East County residents — a San Vicente reservoir finally hooked into the county pipeline system.

"We are a little puzzled by the numbers," said Otay spokesman Charlie Cassens. "The construction costs differ by \$100 million, but there's not much difference in the rate increases they project. We want to make sure we're comparing apples to apples."

An earthquake along the Elsinore Fault will not devastate San Diego. While water supplies may be disrupted, business will go on as usual for most residents. That business requires 135 - 372 gallons a day for the average person, depending on which water agency issues the figures.

The CWA sets the average household consumption at 163,000 gallons a year. This astronomical figure is actually lower than the usage indicated in the Helix Water

District's new annual report, in which East County residents are using 132 gallons a day (192,720 for a family of four). Cassens said Otay customers are using an average of 200 gallons a day.

CWA engineer Rich Pyle said all these numbers were crunched to decide how much water would be needed after a disaster. Researchers projected a county population of 4.1 million by the year 2030, using about a million acre-feet of water a year. They reduced this figure by 15 percent to account for better conservation methods in the future. This figure was then reduced by 25 percent for post-disaster rationing.

In the case of a real emergency, people would drastically cut water consumption. Otay and Helix officials recall a pipeline break in October of 1990, in which usage immediately dropped by 50 percent as people eliminated nonessentials.

Based on the drop in water demands during heavy rains, Cassens figures 50 percent of Otay's water is used on landscaping.

But the CWA isn't planning for disaster-style rationing. More water is being stored precisely because the Big One won't affect San Diego that much.

"We won't be devastated like LA or San Francisco, so it will still be business as usual," Pyle said. "People don't want to see drastic cutbacks."

Not everyone is convinced that millions of dollars should be spent to simply make life convenient in the case of an earthquake. And while East County taxpayer

groups have yet to barnstorm a water board meeting over rate increases, environmentalists are prepared to ask money questions.

Linda Michael of La Mesa represented the Sierra Club on a CWA advisory group to the emergency storage program and will help draft her group's comments on the EIR.

While she is concerned about sufficient mitigation of habitat destruction where the pipelines will run, she is also concerned about ratepayers.

Michael said most people don't know they are already paying \$10 a year on their property tax bills for the MWD's Domenigoni Reservoir construction and will pay increasingly higher rates for water over the next decade.

"It's not an inexpensive project, financially or environmentally," Michael said. "The question is what are we going to gain for that expense. It's like deciding how much life insurance you're going to get." ☞

B Words

Personal comments from Mayor Bob Burns

COPPs — old concept renewed

C.O.P.P. stands for Community Oriented Policing Program. It is an old concept that is being welcomed back to law enforcement. There are so many "old fashioned" practices that seem to develop a stigma just because they are old. Change is inevitable, but change simply to be made without sound reasoning is wrong.

The gradual shift from the old beat cop who walked the streets of a neighborhood to the totally mobile prowl car system was mandated by society. With the increase in crime, the need for instant communication and fast transportation to a crime scene was urgent. The radio codes, the new technology, and the race to keep up with the criminal element just had to accommodate the expansion of the range that a deputy sheriff or a city police officer could cover. This, of course, distanced the officers from the community by eliminating most of the personal contact with the public.

There once was an awareness of where the trouble was likely to occur and by whom. Police officers knew the people, and knew where the potential miscreants would be operating. The English Bobby, and the usually Irish cop who strolled along Flatbush Avenue were effective deterrents to crime and most likely prevented more crimes than they solved. But that was then, and now is now. With our overly indulgent judicial system and our anti-punishment philosophies, it has to be a S.W.A.T. team mentality now to even hope to "put a bite out of crime," as McGruff so often says.

Lemon Grove heartily approves of this return to a more congenial and more personal relationship between police and public. Certainly there can be a much more effective control of crime if the public respects and considers the police officers friends rather than ominous, shadowpersons.

As a child I recall a "Captain Bradley," who visited our school on a regular basis. He was almost a father figure, and we listened with awe as we were told how to cross a street, etc. We waved at policemen and felt good when they were around.

Lt. Manny Castillo has taken on the challenge of making this happen in the Lemon Grove Station. He is looking to have the deputies work in some public relations ideas along with their regular work. He is also expecting that the citizens of Lemon Grove will embrace the idea and cooperate with the Sheriff in this program.

We can all be helpful by just being eyes and ears for our law enforcement agency. Graffiti, vandalism and unusual happenings, if reported promptly, can prevent more serious crimes. Keeping an eye out for your neighbor's property, and participating in Neighborhood Watch or other volunteer programs, all will help more than you know.

Let the officers know that you are with them and want to help them in your community, and not be a passive hindrance by doing nothing. I would suggest that whenever you see police of any sort, that you give them a vigorous "thumbs up" and thereby show that you support them.

The entire staff at the Lemon Grove Station is eager to put this program into effect and see crime continue to go down in our area. Let's give Capt. Collins, Lt. Castillo, Lt. Bethea and all of the keepers of the peace in Lemon Grove, our whole hearted support, eh?

WEATHER

The following information was provided by the Lemon Grove Fire Department.

	High	Low
January 21	69	42
January 22	57	44
January 23	63	40
January 24	63	38
January 25	-	-
January 26	64	46
January 27	-	-

The Lemon Grove Review

3434 Grove Street, P.O. Box 127,
Lemon Grove, CA 91946
(619) 469-0101

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Trudy Thomas

Contributing writers: Bob Burns,

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Cynthia O'Neill, Dave Schwab,

Paul Treske, Betty Jo Tucker

Submissions

Editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order. Only publication of an advertisement shall constitute final acceptance.

Letters to the Editor

Too many cheap shots

You are to be commended for your coverage of the local news. We need a replacement for the old *La Mesa Scout*. They really loved our city and they showed it by the way they reported the news.

I realize that you have to have a political agenda, but does it have to be so liberal as to carry Ralph Nader ["Congress and corporations played Santa," Jan. 11 issue]? Ease up just a little. There are good Republicans in La Mesa also.

To this date, the column I most enjoy is the one by Cynthia O'Neill. She provides us with a beautiful relief from the cheap shots that appear elsewhere in your pages.

Try to take a journalist's approach to the reporting and you'll find a wider audience.

CAPT. MAC WORDELL (USN Ret.)
La Mesa

Nader wrote a commentary on how big corporations gave lots of money to political campaigns and got lots of hand-outs from Congress. It doesn't take a liberal to suspect a connection. — The Editor

Freshman Republicans need common sense

I read in a local newspaper that the freshmen Republicans in Congress were considering pushing the United States government into default by blocking the Treasury's power to finance U.S. debt.

The article I read said that they would do this to gain leverage over President Clinton to force him to adopt their (not his) plan for balancing the federal budget.

The reporter wrote that a default would trigger upheaval in world money markets and most likely "capsize" the U.S. economy.

I understand that many Republicans dislike the president intensely and are upset that the economy has improved under Clinton, but I can't believe that they would actually take steps to plunge our country into another recession or depression for partisan political gain.

When will people stop thinking of themselves as "Republicans" or "Democrats" and begin thinking of themselves as AMERICANS?

The Republican freshmen congressmen who are willing to sacrifice the citizens of this country and our reputation in the world community to "get Clinton" need to go back to high school and take a course in basic civics, with an emphasis on common sense!

CINDY SODERJERNA
Jamil

The City of Lemon Grove saves taxpayers money by publishing legal notices in the Lemon Grove Review!

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE
Title Order No. 50033-1 Trustee
Sale No. 54329 Reference No.
VEIT POOR APN 577-040-10-00
YOU ARE IN DEFAULT UNDER
A DEED OF TRUST DATED
05/12/93, UNLESS YOU TAKE
ACTION TO PROTECT YOUR
PROPERTY. IT MAY BE SOLD
AT A PUBLIC SALE IF YOU
NEED AN EXPLANATION OF
THE NATURE OF THE PRO-
CEEDINGS AGAINST YOU,
YOU SHOULD CONTACT A
LAWYER. On 02/13/96 at 1:00
P.M., FIRST CHOICE FORE-
CLOSURE SERVICES as the duly
appointed Trustee under and
pursuant to Deed of Trust, re-
corded on 05/21/93 as Document
No. 1993-0320492 Book Page of
Official Records in the Office of
the Recorder of SAN DIEGO
County, California, executed by
VEIT POOR TRUSTEE, OF THE
INGLEWOOD TRUST DATED
APRIL 10 1993, as Trustor
WILL SELL AT PUBLIC AUCTION
TO THE HIGHEST BIDDER
FOR CASH (payable at time
of sale in lawful money of the
United States, by cash, a cashier's
check drawn by a state or national
bank, a check drawn by a state or
federal credit union, or a check
drawn by a state or federal savings
and loan association, savings associa-
tion, or savings bank specified in
section 5102 of the Financial
Code and authorized to do business
in this state). At MAIN
ENTRANCE WALKWAY, 9663
TIERRA GRANDE STREET
SAN DIEGO, CA 92126 all right,
title and interest conveyed to and
now held by it under said Deed of
Trust in the property situated in
said County, California describing
the land therein: AS MORE
FULLY DESCRIBED IN SAID
DEED OF TRUST. The property
heretofore described is being sold
"as is". The street address and
other common designation, if any,
of the real property described
above is as provided in the 1999
ENGLWOOD DRIVE, LEMON
GROVE, CA 91945 The under-

signed Trustee disclaims any li-
ability for any incorrectness of the
street address and other common
designation, if any, shown herein.
Said sale will be made, but without
covenant or warranty, expressed or
implied, regarding title, posses-
sion, or encumbrances, to pay the
remaining principal sum of the
note(s) secured by said Deed of
Trust, with interest thereon, as pro-
vided in said note(s), advances, if
any, under the terms of the Deed
of Trust, estimated fees, charges
and expenses of the Trustee and of
the trusts created by said Deed of
Trust, to-wit: \$99,639.70. Estimated
Accrued interest and additional
advances, if any, will in-
crease this figure prior to sale. The
beneficiary under said Deed of
Trust is hereby notified and
delivered to the undersigned a
written Declaration of Default and
Demand for Sale, and a written
Notice of Default and Election to
Sell. The undersigned caused said
Notice of Default and Election to
Sell to be recorded in the county
where the real property is located
and more than three months have
elapsed since such recordation.
DATE: 01/17/96 FIRST
CHOICE FORECLOSURE
SERVICES as Trustee 9663
Tierra Grande St., #205 San Di-
ego, CA 92126 Telephone Num-
ber: (619) 536-2730 Christine E
Worix Foreclosure Officer QPP
20614 1/23 1/30 2/6/96

NOTICE OF TRUSTEE'S SALE
Loan No. 866581-2 REF: WHI-
TAKER, CARL C. & MARY L.
APN: 480 492 06 T.S. No. 606446
IMPORTANT NOTICE TO
PROPERTY OWNER: YOU
ARE IN DEFAULT UNDER A
DEED OF TRUST, DATED
AUGUST 30, 1979 UNLESS YOU
TAKE ACTION TO PROTECT
YOUR PROPERTY. IT MAY BE
SOLD AT A PUBLIC SALE IF
YOU NEED AN EXPLANATION
OF THE NATURE OF THE PRO-
CEEDING AGAINST YOU, YOU

SHOULD CONTACT A LAW-
YER. On February 13, 1996, at
10:00 A.M., Cal-Western Recon-
veyance Corp., a California cor-
poration as duly appointed trustee
under and pursuant to Deed of Trust
recorded September 7, 1979, as Inst.
No. 79-374918, of Official Records
in the office of the County Recorder
of San Diego County, State of
California, executed by Gene Kevin
Christmas and Barni Lynn Christ-
mas, husband and wife, will sell at
public auction to highest bidder for
cash, cashier's check drawn on a
state or national bank, a check
drawn by a state or federal credit
union, or a check drawn by a state or
federal savings and loan association,
savings association, or savings bank
specified in section 5102 of the
financial code and authorized to do
business in this state will be held at
the entrance to the East County
Regional Center by statute, 250 East
Main Street, El Cajon, California,
all right, title and interest conveyed
to and now held by it under said
Deed of Trust in the property sit-
uated in said County and State de-
scribed as completely described in
said deed of trust. The street address
and other common designation, if
any, of the real property described
above is as provided in the 2084 Main
Street, Lemon Grove, CA 92045.
The undersigned Trustee disclaims
any liability for any incorrectness of
the street address and other common
designation, if any, shown herein.
Said sale will be made, but without
covenant or warranty, express or
implied regarding title, possession,
or encumbrances, including fees,
charges and expenses of the Trustee
and of the trusts created by said
Deed of Trust, to pay the remaining
principal sums of the note(s) se-
cured by said Deed of Trust to-wit:
\$52,325.67 with interest thereon
from 8/01/95 at 10.000% per annum
as provided in said note(s) plus
costs and any advances with interest
estimated total debt \$57,729.59.
The beneficiary under said Deed of
Trust heretofore executed and
delivered to the undersigned a
written Declaration of Default and
Demand for Sale, and a written

Notice of Default and Election to
Sell. The undersigned caused said
Notice of Default and Election to
Sell to be recorded in the county
where the real property is located.
For a full description of the prop-
erty, see information "as is" on p. 8-10
a.m. to 5:00 p.m. (619) 590-9200
Cal-Western Reconveyance Corp.,
525 East Main Street, P.O. Box
22004 El Cajon, CA 92022-9004
(619) 590-9200. Dated January 17,
1996, By Jason L. Cotton, Ext.
3017, Trustee Sale Officer
1/23, 30/96, 2/06/96
R-40487

NOTICE OF TRUSTEE'S SALE T.S.
No. 95-15575 IMPORTANT NOTICE
TO PROPERTY OWNER: YOU ARE
IN DEFAULT UNDER A DEED OF
TRUST, DATED April 19, 1994 UN-
LESS YOU TAKE ACTION TO PRO-
TECT YOUR PROPERTY, IT MAY BE
SOLD AT A PUBLIC SALE IF YOU
NEED AN EXPLANATION OF THE
NATURE OF THE PROCEEDING
AGAINST YOU, YOU SHOULD CON-
TACT A LAWYER. On February 6,
1996, at 9:00 A.M., San Diego Fore-
closure Services, Inc., as duly ap-
pointed Trustee under and pursuant to
said Deed of Trust recorded April 25, 1994
as Inst. No. 1994-0274612, in book -
page - of Official Records in the office
of the County Recorder of San Diego
County, State of California executed by
DEVELACOR, INC., a California Cor-
poration WILL SELL AT PUBLIC AUCTION
TO THE HIGHEST BIDDER FOR
CASH (payable at time of sale in lawful
money of the United States) at the front
entrance to 3737 Camino Del Rio
South of the Mission Valley Corporate
Center, San Diego, CA 92108, all right,
title and interest conveyed to and now
held by it under said Deed of Trust in
the property situated in said County and
State described as: As more complete-
ly described in above referenced Deed
of Trust. Assessor's parcel number is
purported to be 479-312-15-00. The
street address and other common de-
signation, if any, of the real property de-
scribed above is purported to be 2640
69th Street, Lemon Grove, California.
The undersigned Trustee disclaims any
liability for any incorrectness of the
street address and other common de-
signation, if any, shown herein. Said
sale will be made, but without cove-
nant or warranty, express or implied, re-
garding title, possession, or encumbrances,
including fees, charges and expenses
of the Trustee and of the trusts created

by said Deed of Trust, to pay the re-
maining principal sums of the note(s)
secured by said Deed of Trust to-wit:
\$67,075.00 with interest thereon from
July 1, 1995 @ 15% per annum as pro-
vided in said note(s) plus costs and any
advances of \$29,723.19 with interest,
as of the first date of publication. The
beneficiary under said Deed of Trust
heretofore executed and delivered to
the undersigned a written Declaration of
default and Demand for Sale, and a
written Notice of Default and Election to
Sell. The undersigned caused said No-
tice of Default and Election to Sell to be
recorded in the county where the real
property is located. San Diego Fore-
closure Services, Inc. as said Trustee,
3737 Camino Del Rio So., #207, San
Diego, California 92108, (619)
284-9221 By Sally R. Clark, President,
Authorized Signature Date January 12,
1996 ASAP190268 1/16, 1/23, 1/30

CITY OF LEMON GROVE

NOTICE ADVERTISING FOR BIDS

Sealed proposals will be received
by the City Engineer of the City
of Lemon Grove, 3232 Main
Street, Lemon Grove, California,
up to the hour of

2:00 P.M. on the 8th day of
February, 1996 for performing
work as follows:

STREET STRIPING AND PAINTING CONTRACT NO. 96-01

The bids received will be pub-
licly opened and read at the City
Offices, 3232 Main Street,
Lemon Grove, CA 91945, at the
time stated above. Award shall be
made by the City Council at a
meeting subsequent to the date
above set for the opening of bids.

The bid package may be exam-
ined at the Lemon Grove City

Hall, 3232 Main Street, Lemon
Grove, California. Copies of the
bid package and the specifica-
tions may be obtained at that
location at a non-refundable
charge of \$10.00 per set. The
mailing fee is an additional
\$5.00. All bidders should direct
their questions during the bidding
period to the Public Works/Engi-
neering Department at (619) 464-
6934.

No bid will be accepted from a
Contractor who has not been
licensed in accordance with the
provisions of Chapter 9, Division
III of Business and Professions
Code. The bidder for this Con-
tract must possess a valid Class
C-32 License.

The Successful bidder must have
a City of Lemon Grove Business
License prior to commencement
of work.

The City Council of Lemon
Grove hereby notifies all bidders
that it will affirmatively insure
that any contract entered into
pursuant to this advertisement for
bids, minority business enterpris-
es will be afforded full opportu-
nity to submit bids in response to
this invitation and will not be dis-
criminated against on the basis of
race, color, sex, or national origin
in consideration for an award.

Attention of bidders is particu-
larly called to the requirements of
wage rates to be paid under the
Contract. It should be noted by
all bidders that the current State
Prevailing Wage Rate Scale for
the San Diego area will be
required to be paid by all bidders
under the conditions of the Con-

tract. Specifically this wage scale
is the most recent "General Pre-
vailing Wage Determination
Made By The Director Of Indus-
trial Relations Pursuant To Cal-
ifornia Labor Code Division 2,
Chapter 1, Part 7, Articles 2, 3
and 5." It shall be the responsi-
bility of the Prime Contractor to
comply with all applicable sec-
tions of the California Labor
Code including but not limited to
Sections 1776 and 1777.5.

The City Council reserves the
right to reject any and all bids,
or any combination of bids. Bids
must be accompanied by a 10%
bid bond as specified in Section
1. Bidders Instructions of the bid
documents. No bidder may
withdraw his bid without for-
feiture of his bid bond within
sixty (60) calendar days after
the actual date of the bid open-
ing.

Date 1-16-96

/s/Timothy K. Fleming
TIMOTHY K. FLEMING,
Public Works Director

The City of Lemon Grove com-
plies with the Americans With
Disabilities Act. If you require
reasonable accommodations for
this bid opening, contact the City
Public Works Department at
(619) 464-6934 at least 48 hours
prior to the scheduled opening.

Lemon Grove Review
January 23 & 30, 1996

County urges caution on heating homes for winter

A case of carbon monoxide (CO) poisoning in a San Diego man has prompted county health officials to encourage county residents using natural gas or propane for heating or cooking to take precautions to avoid the potentially deadly gas.

"It's not enough for people to turn on their furnace and assume it'll run safely during the winter," said Robert K. Ross, M.D., director of the county Department Health Services. "Natural gas furnaces need plenty of air to run safely and efficiently."

The 47-year-old San Diego man was hospitalized earlier this month after starting his natural gas furnace. He was treated for CO poisoning and released.

Natural gas is a clean-burning, non-toxic fuel. But when not burned properly, it can produce carbon monoxide, a colorless, odorless and deadly gas. Dangerous levels of CO collect when natural gas, propane or other carbon-based fuels don't burn completely, and CO poisoning can strike without warning.

"Some of the symptoms of carbon monoxide poisoning are dizziness, headaches, queasy stomach and drowsiness," said Ross. "Much as if you had the flu."

Ross urged county residents to check their heaters, stoves, water heaters and fireplace logs periodically to ensure they are in good working order and not emitting carbon monoxide.

The flame from a pilot light and burner should be clear blue, he said. Although a small amount of orange is OK, a soft yellow flame is a sign the appliance may be producing carbon monoxide.

Ross offered the following tips on detecting and preventing possible carbon monoxide dangers:

- Pilot lights and burner flames should be clear blue. A small hint of orange is okay, but a soft yellow flame is a clue the heater or appliance may be producing carbon monoxide gas.
- Check your stove, water heater, furnace, heater and fireplace logs periodically to ensure they are in a good working condition.
- Keep the chimney clean and drafting properly. Keep the damper open when the fireplace is in use, even with a gas log.
- Open a window a crack to make sure your gas furnace has enough air to function properly.
- Never use cooking appliances or gas logs for heating.
- Look for rusted, disconnected or nonexistent vents in heaters or appliances.

- Look for heavy soot deposits in burners or vents.

- Be sensitive to physical symptoms such as burning eyes, headaches, yawning, weariness, nausea, ringing in the ears or irregular heartbeat.

- Purchase a carbon monoxide detector certified by the American Gas Association or Underwriters Laboratory. Make sure it emits an audible alarm.

- If a carbon monoxide detector goes off and you or your family experience flu-like symptoms, call 911 for medical assistance and get out of your home until help arrives.

- If the detector goes off and no one is experiencing these symptoms, shut off the heater and other gas appliances, ventilate your home and call San Diego Gas & Electric at 239-7511, or a qualified heating and plumbing contractor.

"Many carbon monoxide poisonings occur at night when people are sleeping, so a passive non-alarm detector isn't enough to warn you about the presence of carbon monoxide," Ross said.

Ross encouraged residents to have gas appliances inspected by a qualified heating and plumbing contractor or an SDG&E representative.

Stout named Miss Greater San Diego

After a year off the pageant circuit, Santee's Kari Stout is back in full force. Saturday night she snagged the Miss Greater San Diego USA title that will take her to the Miss California USA pageant in late August.

Stout, 20, has been Miss Santee for two years and won Fairest of the Fair/Miss San Diego County in 1994. The county title took her to the Miss California USA that year as an at-large contestant among 72 women. She did not place.

During the past year, she made a decision to go back to the state level and try to win.

"Before, I was just set on winning the Fairest of the Fair and it was just a bonus to go to the Miss California pageant. I didn't take it that seriously," Stout said. "Now I've decided it's time to go back."

Saturday's all-day pageant included learning an opening dance routine, answering questions one-on-one with judges and then answering questions in front of the audience. The top three contenders were asked about their views on affirmative action.

Stout said she favors reforming affirmative action, but wouldn't want to see it eliminated.

Stout works full-time at Parkway Plaza as a marketing secretary and attends Grossmont College, heading for a major in telecommunications. Her pageant



Miss Santee 1995 Kari Stout was named Miss Greater San Diego USA Saturday night.

sponsors include Valle de Oro Bank, RCP Block & Brick and Lori and Bruce Howard.

Union-Tribune again snubs East County eateries

by Greg Eichelberger

For those of you East County residents who have grown all too familiar with being snubbed by the *Union-Tribune* and its agents, be prepared for one more example.

The *U-T* recently ran its annual review of San Diego's finest eating establishments. And once again, if you don't eat in La Jolla, Hillcrest, the Gaslamp Quarter or Pacific Beach, don't bother looking for your favorite restaurant among those mentioned.

Now, I have no problem with any of the ones chosen for this article, other than the fact that many of our laid-back East Countians, such as myself, would have to shell out a week's pay just for an entree or a decent table. My beef is that most of the establishments were not where the typical family would head for.

For example, Ruth's Chris was voted Best Steakhouse. That may be, but I don't feel like mortgaging the house just for a piece of beef, no matter at what temperature it's cooked.

For my taste, there's always Pinnacle Peak, where \$11 will purchase an enormous T-bone with beans and bread. Who could ask for more?

There's also Claim Jumper for large portions, but I may have just betrayed myself as an ignorant rube for choosing a chain restaurant as one of my favorites.

After all, aren't the best dining halls those with unpronounceable names or snooty waiters or prices so high it would take a year of saving to feed the kids?

Like most people from this area, I like good food, and lots of it, at a decent cost.

Of course, when you are a re-

viewer for a major Copely news organization, price is not a consideration. Expense accounts take care of that. I'm sure it's difficult to pan something that was given to you for nothing.

So, call me a philistine if you like. I'll still go to Kooter's and the Boston Market and Chic-N-Pigg.

If I want music with my meal, I'll go to the Rodeo Bar & Grill or El Torito, not Croce's.

If I want coffee, I'll patronize one of the many doughnut shops that blanket our cluster of cities, not some ultra-expensive, pretentious java house where café mocha is \$5 and the conversation is stilted and irrelevant.

If I want seafood, there's al-

ways Red Lobster, right? Or the Brigantine. Or, if I happen to have lots of cash that day — Anthony's Fish Grotto.

Of course, there's always Long John Silver's and its 25-cent shrimp deal. Mexican food? There are more Alberto's and Roberto's than you can shake a tamale at.

Why go and sit down when you can drive through? That's the real fun of going out, anyway. And for the real Latin connoisseur, there's a Taco Bell on just about every street corner.

Breakfast? The *Union-Tribune* says nothing beats the Original Pancake House, but, as usual, they're wrong. Have they tried the Alpine Inn, the Pancake

House on Second and Broadway, the Kopper Kettle or the Ranch House?

Probably not. And do you know why? Because most writers for that fine publication do not know that civilization exists past Waring Road.

That there are thousands of people and hundreds of fine places to eat right here in our own backyard.

So, let some reviewer type on and on about that great new Mediterranean restaurant on La Jolla Shores Drive. I'll be content to lay down my \$6.50 and enjoy all I can eat at the Hometown Buffet or Souplantation or the Barona Casino Buffet or ...

Winter is prime time for allergies and asthma

A runny nose, coughing and chest tightness may seem like a winter cold or the flu, but might also be the symptoms of allergies.

"Wintertime is prime time for allergies and asthma," said Dr. Benjamin H. Kramer, M.D., of Allergy Associates Medical Group. "With the cold, windy and damp conditions come the inevitable coughs, sniffles and sneezes that are often mistaken for colds."

Colds are distinguished by their associated signs of aches, temperature elevation and duration (usually less than seven days), Kramer explained.

Indoor allergens, which are substances that can trigger asthma and allergy symptoms, may be a major problem in the winter when people start spending more time indoors, he said.

"By spending time in closed areas, allergic individuals are exposed to indoor allergens such as

dust mite particles, animal dander and molds," he said.

Indoor allergens can trigger coughing, sneezing, chest tightness, stuffy nose, wheezing, or watery or runny eyes and nose.

Outdoors, when the weather is dry, the cold air acts as a bronchial trigger causing coughing, wheezing and other symptoms. Prevalent viruses of the season may also exacerbate asthma.

The drop in barometric pressure associated with stormy weather can cause physical changes that may lead to an asthma attack in patients with asthma.

Kramer suggested some strategies for reducing indoor allergens in order to make winter more comfortable for allergic individuals.

It is very important to control dust mites, especially in the bedroom where people spend a majority of their time, he said. Dust can be found in most homes, par-

ticularly in mattresses, carpets and stuffed furniture.

Kramer suggested using a damp cloth when dusting to entirely remove dust as well as to vacuum regularly with a vacuum cleaner that removes fine dust and minute particles more efficiently than standard vacuums. Protective mattress and pillow coverings are also quite effective in decreasing dust-mite exposure.

Mold, promoted by moist, dark conditions, is another potent allergen found in the home and reducing its growth can help ease allergic reactions in mold-sensitive people. A dehumidifier may be helpful in reducing airborne moisture.

Animal dander from cats, dogs, hamsters and rabbits will stay in a house long after the animal is removed, even if the pet was inside for only a short time. Pets should not be permitted in bedrooms, Kramer said.

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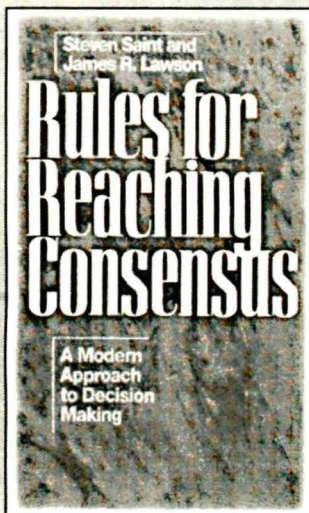
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